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1. The Sergeants and Soldiers Atomic Defense Handbook (Pamyatka soldatu i serzhantu o zashchite ot atomnogo oruzhya) published by the Defense Ministry in Moscow, classified "Secret", received at the Regiment in Austria probably in November 1953,

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2. First came an introductory chapter presenting in a popularized way conceptions of an atom, atomic energy, and the like. Details and scientific terms as well as developments made in atomic research were omitted, so that the basic facts pertaining to atomic research were understandable to an average Soviet soldier. It was stated in the chapter that all materials, physical objects, and bodies existing in the universe are composed of very minute components called atoms. Normally, atoms being the fundamental components of physical objects, cannot be split into their parts. There are, however, several elements in the universe whose atoms can be split, i.e. their atoms can be decomposed (raspadat'sya). These elements are radium, uranium, and plutonium (radiy, uran, plutoniy). The decomposition of atoms of the above three elements occurs under the influence of some outer action (vneshneye vozdeystviye). The atoms of one of these elements (I believe the handbook mentioned uranium in this connection) may achieve their decomposition without any outside influence, in other words they may decompose naturally. This, however, is a very long process requiring plenty of time. When atoms of radium, uranium, and plutonium begin their process of decomposition (raspad atomov), this process is accompanied by the creation of large quantities of a particular energy which is referred to as atomic energy (atomnaya energiya). This atomic energy represents the basis on which all atomic weapons are produced.

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3. The handbook stated that there are two basic types of atomic weapons:

   a. Explosion weapons (vzryvnogo deystviya): atomic bombs (projectiles);

   b. Combat Radioactive Means (boyevyye radioaktivnyye veshchestva -- abbreviated BRV) emanating during the process of the decomposition of atoms and used for contamination of areas, local objects, and manpower (mestnosti, mestnykh ob''ektov i zhivoy sily).

4. The atomic explosion is characterized by:

   a. Strong bright light several times stronger than sunlight;

   b. A loud rolling sound of explosion similar to thunder;

   c. A black, mushroom cloud of smoke several kilometers high which eventually settles.

   d. At an atomic explosion casualties are inflicted directly by the impact of the explosion wave (vzryvnoy volnoy), high temperatures developed at the explosion, and by radioactive rays given off during the explosion (radioaktivnoye oblucheniye).

5. The handbook gave the following defense measures against atomic explosion:

   a. As soon as the explosion occurs it is necessary to close the eyes in order to protect them and to prevent permanent blindness which could be caused close to the explosion place. Further from the point of the explosion blindness may occur temporarily.

   b. If there is cover in the immediate vicinity, take cover. If cover is not close enough (several steps), lie down on the spot facing the ground. In this way the harmful effects of the explosion wave and high temperature will be greatly reduced.

6. Defensive measures against BRV's mentioned in the handbook are: immediately following an atomic explosion to put on the gas mask and chemical warfare protective clothing composed of:

   a. Cape

   b. Stockings

   c. Gloves

   The gas mask and chemical warfare protective clothing give a limited protection against radioactive rays.

7. The handbook also contained provisions for deactivation and medical treatment (dezaktivatsiya i sanitarnaya obrabotka); it stated that every soldier was to be trained to perform deactivation of personal weapons and to attend to his own medical treatment when affected by BRV's. The handbook envisaged two types of deactivation and medical treatment:

   a. Limited (chastichnaya);

   b. Complete (polnaya).

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8. Limited deactivation consists in the removal of BRV from those sections of personal weapons and equipment which come often into contact with the human body. Limited medical treatment consists in the removal of BRV's from the uncovered parts of the human body, namely from the face and hands.

9. Complete deactivation requires a thorough and complete removal of BRV's from weapons and equipment; complete medical treatment -- complete removal of BRV's from all parts of the body (covered and uncovered) and clothing.

10. Limited deactivation and medical treatment is performed by each individual soldier upon a given command of the responsible commander, and they are performed in the following way:

a. Deactivation: While keeping on his individual chemical warfare protective clothing ([redacted] the handbook permitted taking off the gasmask), every soldier prepares several cotton or hemp (paklya) pads. Soaking these pads in water, or when water is not available, in the solution taken from the Individual Chemical Warfare Protective Kit (protivkhimicheskiy paket) which contains a 100 g. bottle of the solution, the soldier cleans his personal weapons with the wet pads using constantly vertical movements from the top down, discarding the used pads and replacing them with new ones. In this way the BRV's are washed away.

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b. Medical treatment: gas masks, cape, stockings, gloves and outer clothing except underwear, are to be taken off, and, with the help of other soldiers, all clothing is to be thoroughly shaken (tshchatel'no vytryakhnuty). This completed, face and hands are to be thoroughly washed.

11. Complete deactivation and medical treatment:

a. Complete deactivation is performed either by each individual soldier in a way similar but much more thorough than prescribed for limited deactivation, or if the situation permits, at the closest Clearing and Deactivation Center (ODP) [redacted].

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b. Complete medical treatment requires the use of ODP's where soldiers are given hot showers and their clothing and equipment is processed through clothing decontamination chambers.

12. The following protective measures envisaged in the handbook are to be enforced when crossing areas contaminated by BRV's:

a. Use of forced marches and fast movements in order to cross such areas in the shortest period of time, reducing in this way the time of exposure to harmful effects of BRV's.

b. Avoiding raising dust which being the upper layer of the soil, contains normally a high percentage of BRV's.

c. When a soldier is sitting or lying on the ground, the cape should be used as a spread (podstilka) under him.

d. When fortification work is performed, the upper layer of soil is to be carefully taken off and removed from the immediate vicinity. If possible, digging is to be done so that the wind does not carry the dust to other soldiers.

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13. The handbook reminded every NCO and soldier that a deep and properly equipped trench is the best protection against atomic weapons, and therefore fast and well organized entrenching is to be one of the first defensive actions in atomic warfare.

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